

★ THE MASSEUR ★

American
Association



Masseurs
Masseuses

OFFICIAL BULLETIN

APRIL 1954

DECATUR, ILLINOIS

Preparations Under Way For 9th Annual A. A. M. M. Convention In Davenport. . .

CONVENTION NEWS

Iowa Chapter held their state meeting Jan. 28, at the Shubert Health Salon, Waterloo, Iowa. This meeting was attended by five members and three guests. Plans were made, and committees were appointed to start preparation for our 1954 Convention.

Each state that has a chapter was to be contacted through their Secy.-Treas. for suggestions. All other members were to be contacted individually.

A fee of ten dollars was decided upon for registration, this taking care of their banquet and planned entertainment. Next meeting to be held in Davenport, Iowa, March 28. Plans should be well under way by that time for a wonderful convention if we get the proper support.

Note: Please send all suggestions you wish to be considered for Convention program direct to Evelyn Shubert, Secy.-Treas. Iowa Chapter, 502 W. 6th. St., Waterloo, Iowa.

SCIENTIFIC SWEDISH MASSAGE

Too few medical men have really studied massage and manipulation either in theory or practice—a being all too rare at the present time. How can a medical man prescribe if he knows nothing about what he is prescribing?

It would be to a great advantage if the medical man would interest himself in the work of the masseur besides helping the masseur to appreciate his point of view. Fully trained masseurs and masseuses can render invaluable help to the medical man if he only knew it. Now if the A.A.M.M. members are to set themselves apart from the common herd of rubbers we had better never discard the term Scientific Swedish Massage from our literature, business cards and letterheads.

NEWS RELEASE

Members of the Board of Directors of the Florida State Massage Ass'n Inc. have extended an invitation to our National Secy.-Treas. to be a guest speaker at their coming state convention which is to be held at the George Washington Hotel May 1st. & 2nd. 1954.

They request a presentation of major facts, organization set-up, and advantages in becoming a part of the A.A.M.M. Many of the Florida practitioners are now members of the A.A.M.M. and there are many more who have shown interest in affiliating with our growing organization.

We extend our sincere wishes to the Florida State Massage Ass'n. for a successful and profitable convention.

Editor

IN THE MOVIES

For a long time we thought it desirable to have movies of all the special and regular technics as well as modalities used in our profession. The films used by the army such as was shown at Kansas City of physical therapy procedure does not embrace all what we would like to show to the public.

If we could have a real good talkie film of our complete massage program which would be shown to clubs, church gatherings or societies, also parent-teachers groups, etc., it would have a tremendous educational advantage over other mediums of advertising our profession.

The outfit could be rented to the various chapters for a consideration, after the chapter has shown the film to most of their organizations they would send it on to the next chapter in the order of their request.

The pictures should be the best possible taken in places which would be a credit to our organization. For instance, the man or woman having the best set up for showing a colon therapy should have the picture taken in their place. The person best qualified to demonstrate water treatments have the picture in their place. The person who is an authority on some special technic will be

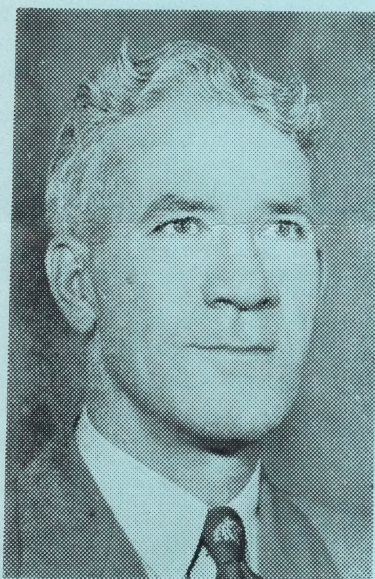
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WHP-0514
HUMAN MOVING
EIA-BSA6C

THE MASSEUR

Published in Decatur, Ill.
Dr. Chas. W. Brooks Editor

President's Message



EARL F. ALEXANDER

ARE YOU A STRANGER?

For your consideration I would like to submit the following findings:

On February 28, 1954 the Illinois Chapter of the A.A.M.M. held a meeting at a Chicago establishment and the following information was given us for our consideration, not only for the State of Illinois, but for every State in the union. This should concern every ethical operation in the business today. Remember this has not happened. It is a warning that it will happen, and could very easily happen in the very near future, if we are satisfied to become strangers and we are so snug and secure in our own little bubble of our profession. At this time I would like to quote our State President, F. G. Schmitt's message prior to this meeting.

Mr. Schmitt says, and I quote:

"Are you a stranger, and self-satisfied stranger? Do you feel so

snug and secure in your own little bubble that you don't want to meet with others in our profession? Are you too selfish to share some of the success with the rest of us? Are you so smart that co-operation with others in our profession could not possibly help you? I didn't think you were like that, but isn't it a shame that there are so many around us who are like that. Are you and I salesmen enough to show them the error of their ways? If so, each meeting will be better and better, bigger and bigger as we sell those people the benefits of our organization and co-operation. Sell them the fact that the A.A.M.M. can grow and give them the united front we need to gain respect and recognition."

This is well expressed from previous co-operation from the membership at large. Here are some of the problems we have to confront us. Again I would like to quote:

"BE IT ORDAINED BY THE CITY COUNCIL OF THE CITY OF CHICAGO:

Section 1. Chapter 152 of the Municipal Code of Chicago is amended as follows:

Section 152-5. By inserting the following paragraph between the first and second paragraphs, as printed:

All entrances or vestibules to steam rooms and locker rooms shall be equipped with foot baths, containing an approved sanitizing solution.

By inserting in proper numerical position two new sections to read as follows:

152-5.1. (Safety requirements.) All steam rooms or steam cabinets shall be equipped with temperature controls and heat or steam shut off controls, but inside and outside the steam rooms and easily accessible to attendants and patrons. Such controls shall be of types approved by the board of health and shall be maintained in perfect working order at all times.

No baths shall be maintained for public use at a temperature exceeding 100° F. dry bulb reading, or

87½° wet bulb reading; provided, however, that when a physician prescribes baths at temperatures exceeding 100° F. and not exceeding 115° F., such baths may be administered under the personal supervision of a physician duly licensed to practice medicine in the State of Illinois.

An attendant shall be constantly on duty in each room in which baths are administered.

152-5.2. (Construction requirements). Each room where baths are administered shall be constructed of smooth impervious material on floor, walls and ceiling. Floors shall have not less than 1/8" pitch per foot to floor drains and shall be constructed with a 4" cove at wall junction.

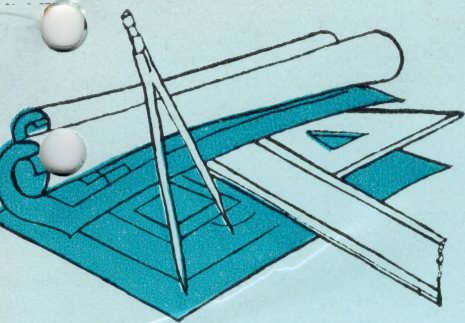
Section 2. This ordinance shall become effective upon its passage and due publication."

This, of course, is for your consideration. I am quite sure you would not want this Amendment to take place, if you are interested in protecting your profession so that we may continue our ethical practice and not be dominated by other groups or persons.

It is clear in our mind that we have many qualifications in our organization. We are qualified to conduct our business in such a manner without being supervised by any other personnel. This is something that many of us consider very essential and urgent, so we can ask all those who are interested to make a supreme effort to be at the A.A.M.M. in Moline, Illinois on April 25, 1954.

Let us consider who this will affect. First, the Chicago bath houses, and the Chicago establishments will be the first to be affected and then it will spread throughout the State and then other States will pick it up. Really, can't you see that this is an individual problem, an individual fight, and every practitioner who practices in the City of Chicago and surrounding area should plan now to be at this meeting and give wholehearted assistance to prepar-

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DESIGN FOR LIVING

Less than two short generations ago the greatest causes of death were from contagious diseases, such as typhoid fever, smallpox, scarlet fever, (diphtheria), pneumonia, etc. Today in spite of all our health clinics, hospitals, sanitariums, specialized treatment, serums and wonder drugs the greatest causes of death are due to deficiencies and degenerative diseases. Less than two short generations ago the processing and refining, preserving and enriching of foods were unheard of. Therefore we suffered not as a nation from malnutrition, and contagious diseases were our worst enemies. During recent years the sanitary engineers with their modern methods of plumbing and refrigeration have practically wiped out the dangers of contagious disease and now we face the malnutritious and degenerative diseases which take a far greater toll of human life than the former ever did. Even the water we drink is treated and processed until it is of little value.

Just forty years ago these degenerative diseases were in the minority. In 1914 cancer was the seventh major cause of death. Heart was fourth. Today they are labeled public enemy No. 1 and 2. Polio and rheumatic fever are attacking, killing and crippling our younger generation by the thousands.

Forty years ago the only people that had fresh milk were the ones that had the cows that gave it. We didn't bleach or enrich our

flour and cereals. With our knowledge of sanitation and refrigeration it isn't necessary to perform these two acts, that contributes the most to our present day deficiencies.

It seems strange to me that today man knows so much about vegetation and animal life and knows so little about himself. If it is impossible to raise a new born calf on pasturized milk WHY will he feed it to his children. If a dog cannot live ten days on a diet of white bread, WHY would man consider it as an essential food. Is it any wonder we have thousands of children suffering from anemias, asthma, sinus infections and diabetes when they are fed these mal-nutritious foods.

Many people know more about the painted desert, the grand canyon and the dead sea than they do about themselves or their health. The same people spend weeks and months poring over blue prints and plans for their new ranch styled houses and dwellings; drive hundreds of miles to see a new idea some one has constructed and now calls a home, but refuse to spend one hour with themselves and make an honest effort to find health and happiness through natural channels.

CHAS. W. BROOKS, N. D.

(Continued from Page 2)

ing a defense for these immediate problems. It doesn't matter whether you are a member at the present time or not, be there and become a member at once. We will need a majority of the practitioners in the Chicago area as active members before we can present anything effective.

EARL F. ALEXANDER

FALSE FRIEND

What is a friend unless that friend . . . Is one forever true . . . Yes, even when you do some deed . . . He thinks you should not do? . . . How can he quickly hate you for . . . A possible mistake . . . Without it seems that all along

. . . His friendship was a fake? . . . And maybe there was no mistake . . . And you were right as rain . . . Which indicates his only goal . . . Was just his selfish gain . . . He walks with you as long as you . . . Are on the winning side . . . But he ignores you when there is . . . A turning of the tide . . . And as the tide may favor him . . . And he may forge ahead . . . The friendship is forgotten and . . . You might as well be dead.

Dr. Esther C. Swanson Joins A. A. M. M.

We feel that her membership will be an asset to the association because she probably knows at least half of the membership personally. Her friendship and advice has always been respected and helpful to her former students.

Dr. Swanson is on the teaching staff of the Kellberg Institute, a modern school of scientific Swedish massage, that has been in business for 59 years. Located at 32 N. State St., Chicago, Ill. She has been associated with this institute since the College of Swedish Massage stopped enrolling resident courses in 1953. Dr. Swanson says this school is a licensed vocational college and teaches post graduate work as well as the regular intensive courses that specializes in scientific Swedish massage, anatomy, physiology, hydro and physical therapy. Colonic therapy is taught as a special subject. They conduct day and night classes and issue a diploma for their regular resident course. Certificates are issued for the special classes such as the Foot Technique (which is what Dr. Swanson specializes in) the colonic therapy and all P. G. work.

We welcome you Dr. Esther Swanson, hoping your relationship with us will be a pleasant one.

Some people who boast of their open minds should have them closed for repairs.

UHF 44-3411
Human Machine
A-55A6C

ATTENTION ALL MASSUERS AND MASSEUSES

It is very important for all practitioners of Massage, to organize as soon as possible, to safeguard this branch of the healing arts. Some states have already legislated massage, as a profession, out of business. Do you want this to happen in your state just because you failed to do your part? A local or state organization, without national affiliation, receives no national recognition or representation. We invite all local and state organizations to affiliate with the National A.A.M.M. as local chapters and thus maintain most and possibly all policies you now have in force in your local organization.

Some of the reasons why you as a Massage Practitioner should be a member of this non-profit National A.A.M.M., organized in 1943, for the mutual welfare and benefit of all Massage Practitioners, and for a safeguard to our profession, are: A National Convention is held each year for the promotion of the work and interests of the profession, formulating policies, demonstration of some of the most successful techniques by some of our leading technicians, and election of officers for each year. You can have a part in this Convention.

The Masseur magazine which every member receives regularly without extra cost.

Cooperation with each other in the transition of patients from one section of the country to another.

A Placement Bureau operated in the interest of members desiring a change of location or position.

Organized State Chapters in many states which hold monthly meetings to promote their state's interests in legislation, demonstrations of techniques and for social fellowship.

Massage legislation has been secured in many states and many others are pending.

Members in every state of the Union, Canada and some foreign

countries.

The following information may interest you. When you become a member of the National A.A.M.M., you will receive:

An attractive Certificate with your name embossed on it, testifying as to your qualifications as a trained Masseur or Masseuse.

A signed Pledge suitable for framing which should be in your office.

A 7x7 Decal with the A.A.M.M. emblem for your office door or window.

A 3½x3½ Decal for the window of your automobile showing your affiliation.

A lapel pin with the A.A.M.M. emblem for your coat or uniform.

A complete copy of the membership roster.

A booklet containing the Constitution and By-Laws of the A.A.M.M.

If the above interests you, send for more information and an application form for membership today, to D. S. Carlson, Secty.-Treas. National A.A.M.M., 203 E. 2nd Ave., Rome, Ga.

(Continued from page 1)

pictured giving his demonstration, etc.

We will undoubtedly have some outstanding technicians at the Convention who will be giving demonstrations on various or unusual technics, they should be filmed and a voice recording made, later to be associated with films taken in other places. When we have it all together it should be a film that would take at least one-half hour to show. The advertising value of this would be tremendous and would do more to acquaint the public with knowledge of this profession than any other medium of advertising.

There should be two sets of talkies, but one picture. One a lay talkie and one a professional talkie. The lay talkie would explain the results to be expected from the treatment, the professional talkie would explain the technic for the technicians. Of

course the professional talkie would not be given when picture was shown to the lay public, only professional members would have that at a private showing.

Maybe this is too big an undertaking for us at this time, but it can be done, that is if we have the finances to bring it about. Now your opinion please. At least, let's have it done at this next Convention as a starter.

D. S. Carlson.

ENTHUSED MEMBER

Chicago, Ill., Feb. 2, 1954.

Dear Member:

Working for an Insurance Company where you meet and treat patients of all nationalities and color, and with so many different kinds of injuries, proves very interesting.

At times, I have twenty-five to thirty-five patients a day, so I can readily tell how the patients respond to my treatments.

Back strains are very numerous in industrial trades, also foot sprains, sciatic nerve conditions numbness of foot and hands. That is where my Medcotronic Stimulator does wonders. The whirlpool for healed amputations, and after casts are removed from fractures, and many other kinds of injuries. I use Diathermy for Bursitis, with a light massage. Dislocated shoulders (chronic) are benefited by exercises, pulleys, restorator, massage, and sometimes stimulation with my Medcotronic.

I find the majority of the working class of people very easy to get along with—and when they are discharged by the doctors, it's a wonderful satisfaction to have them shake your hand and thank you for what you did for them.

Working with doctors where you can see the X-rays of the healing fractures and know how old the healing fractures are, makes it easier to do my work; and I enjoy every minute of it.

Sincerely Yours,

May Arrasmith,
Chicago, Illinois.

PERSONAL COLUMN

This space is for you

Hobbies

Personal

Humor

Spice

Miscellaneous

Suggestions.

Such as a fund raising campaign to help promote this motion picture idea of Mr. Carlsons. Each Chapter can promote their own program. Then when we have our chapter meetings we can invite prospective members and patients or friends to our gathering and show the film. If we raise enough money to buy a real good one we might be able to show it before service clubs all over America.

KANSAS CITY EPISODE

I am out of the hospital, following another serious correction, of removal of spurs, bone deposits plus calcium. Then a few days later, was notified my case was to come up in Kansas City, Mo.

I had to contact some of my witnesses, who were so willing to appear. They were Ann White, Walpole, Mass.; Pearl Lewis, Arthur, Illinois; Edna DeMosky now living in Kansas City. While there, I contacted other former members. So impressed were they, that they are all coming back to our group. So you see we had a convention there. The case came up and after three days it was compromised, so you see how much the A.A.M.M. means to any member when they are really in need and can be of assistance.

I have been unable to do any work since my return so have cleaned up my papers and in doing so located the lost check. Enclosed you will find check for Mr. Neiss. Thought you would like to send report of this to our Editor, of our get-together.

I have notified all other members who are delinquent, do hope they will realize how important for them to remain in the A.A. M.M.

Sincerely yours,

/s Martha E. Savills.

P.S. Excuse errors, as I am still wearing a splint.

Editor's comment: The above article should inspire any one who reads it. We were all having a good time when this accident hap-

pened. So many of us wanted to help that we were almost in the way. I dampened my handkerchief in ice water so Ann White could bind up the fracture. We sent for the house physician and he came immediately and everything done that was possible to make her comfortable. And then once again in her hour of need the members responded, coming to her aid. Sometimes it takes something of this nature to make us realize that our association can mean more to us than just being members.

The man who begins to live more seriously within begins to live more simply without.

HARRIS & HARRIS
ATTORNEYS AT LAW

ROME, GEORGIA

PHONE 2-4592

ALEC HARRIS
JACKSON B. HARRIS

February 19, 1954

Dr. D.S. Carlson,
203 East 2nd Avenue,
Rome, Georgia

Dear Dr. Carlson,

Pursuant to our telephone conversation concerning the possibility of incorporating the Society of Physical Therapists; I herewith submit the following information concerning same. There is no such thing that I can determine as a national corporation. For a body politic to be incorporated nationally would require an Act of Congress and to my knowledge the only national corporations are those of the Federal Government such as R.F.C. and F.H.A. and the like. Now any group may become incorporated in a state with the privilege of having offices in other states so long as the constitution, by-laws, and charter comply with the local laws in the foreign state.

Concerning the possibility of incorporating the Physical Therapists group locally or on a state wide basis, I frankly can see no advantage to be gained by this organization. As you told me, it would be a non-profit organization and I feel that should you incorporate it would only involve added book work and any advantages that might be gained by incorporating would be out-weighed by the disadvantages. It would be expensive to incorporate and as I said previously, it would involve a great deal of book work and time.

In the event your group decides to incorporate, even though our recommendations are not favorable, we would be glad to assist you.

Very truly yours,

HARRIS & HARRIS

Jackson B. Harris
Jackson B. Harris

JBH:cc

UNRECORDED
HUMAN MEDICAL ASSOCIATION

N. DAKOTA ORGANIZES A STATE CHAPTER

A group of Masseurs met at the office of Samuel & Albert Dahlgren, 1104 4th. Ave., So. Fargo, N. D., Jan. 30, 1954 for the purpose of organizing a State Chapter of the American Ass'n of Masseurs & Masseuses. Constitution and By-Laws as adopted at the Spokane Convention was read and adopted by the new Chapter.

The following members were present at the meeting:

Mr. Theo. Norby, Grand Forks, N. D.; Mr. Milford Bakke, Fargo, N. D.; Mr. Victor Dahlgren, Fargo, N. D.; Mr. Albert E. Dahlgren, Fargo, N. D.; Mr. Samuel G. Dahlgren, Fargo, N. D.

Following the President appointed Samuel G. Dahlgren chairman of the membership committee after which an interesting discussion was held on various methods and movements of massage and resulting effects on the body.

Samuel G. Dahlgren,
Secy.-Treas.

The following members were elected to office:



THEO. NORBY—President
Grand Forks, N. D.



MILFORD BAKKE—Vice Pres.
Fargo, N. D.



SAMUEL G. DAHLGREN
Fargo, N. D.
Secy.-Treas.

ALBERT E. DAHLGREN
Vice Secy.-Treas.
Fargo, N. D.

TEN WAYS TO KILL AN ORGANIZATION

1. Don't go to the meetings.
2. If you go, go late.
3. If the weather doesn't suit you don't go at all, don't think of going.
4. If you do attend a meeting, find fault with the work of

the officers and members.

5. Never accept office, as it is far easier to criticize than to do things.
6. Get sore if you are not appointed on a committee, but if you are, do not attend committee meetings.
7. If asked by the president to give your opinion on some matter tell him you have nothing to say.
8. After the meeting, tell every one how things should have been done.
9. Do nothing more than absolutely necessary, but when other members use their ability to help matters along, howl out that the organization is run by a clique.
10. Hold back on your dues or don't pay at all.

—From the Washington State
Safety Advocate.

MULTIPLE SCLEROSIS

March 8th. my patient and I have an appointment at the Physical Therapy Dept. at the Massachusetts General Hospital in Boston to receive further instructions for my patients exercises. We have given this patient one or two times daily exercises as per instructions with fine results. My services are donated until funds can be found to take care of the expense. In the meantime I am proving what daily treatments can do for a case such as this. Dr. Gyce of the Physical Therapy Dept. told us 100 years of research has found no cure, the only thing helpful is the form of exercises to keep the unaffected muscles alive.

Ann B. White,
Massachusetts

Note: Evelyn Shubert had an article on Multiple Sclerosis in the Masseur magazine Feb. issue 1953. Many of our members have had experience with this dread disease. Let's hear from more of you folks.

Blandie Jones Writes From Pennsylvania

I certainly enjoy the Washington Chapter's A.A.M.M. news. I read with interest our National Secretary's article "Some Light On the Medical Problem." How true it is, if we do not stick together as Masseurs and Masseuses we will all be frozen out like in the state of Minnesota.

The American Medical Ass'n. is the strongest union in the country because they are so well organized. It is a known fact that they have lobbyists in all State Capitals as well as the National Capital. They are always ready to fight any bill that does not meet with their approval.

There is a need for all healing professions that contribute to the health and welfare of the people. Why should it be necessary to fight one another when the need is so great? Only one reason, greed and selfishness with no regard for the sick and suffering.

Every unselfish and broadminded medical man knows the value of massage in many difficult cases as well as so-called hopeless cases. He also knows that a qualified Masseur and Masseuse can bring about outstanding results where his own methods have failed. All Masseurs and Masseuses have had patients referred to them by medical men, and that without a prescription. You probably were told to use your own judgement in the type of treatment necessary. That demonstrates confidence on the part of the medic. But you have also had the experience of having a medical man resent your success with a patient he failed to help. This is the type of individual who will stop at nothing to help to close you up and take your license away. Most of the medical men would not have the strength to give a good body massage even if they knew how. No one needs massage any more than a medic does, but he is so busy getting material gain that statistics show

their life span to be the shortest of all professions, and most of them die of a heart condition. If these men would take stock of themselves they would recognize the far reaching effects of massage even for them. Well, as Blandie says, "Who wants to be a rich man in the cemetery?" All cemeteries are full of indispensable persons.

When we think how our forefathers fought and suffered and went through hades to secure our heritage and now we have the No. 1 nation and power in the world, are we now going to destroy all this with pressure groups which are now in control? God forbid. There are no frontiers today—I spent 24 years as a pattern-maker (wood) and on the side engaged in Physical Education 30 years. Swedish Massage 15 years. It would be a happy thought to spend another 35 years in this wonderful profession. Why? Because I am helping so many people get relief from suffering and pain who had given up and were despondent. Well, it does something to you as an operator. Sure I could go back to my old trade, but I can't, I must do the work that does the most good and therefore I will continue to be a Masseur as long as I am physically able. We will never hold America where it is today if we foster hate, selfishness and misuse power. All professions have their misfits, so does the A.A.M.M. but do not let this deter us from seeking with all our hearts Massage legislation, which is our only hope for future security as a profession.

Let's all pull together,

Sincerely,

Blanford Jones.

WITH THE SICK

Mr. Paul Stodghill, now at the Hopk'ns County Hospital, Madisonville, Ky., seriously ill following a major operation. Please drop him a card, home address 310 So. Railroad, Erlington, Ky.

WHAT WILL YOU HAVE?

By MILTON A. NIEDFELT

This is an attempt to write about something that I really don't know too much about, although I am very conscious of the matter, and actually believe that we all have a "WATER TIGHT" line in the matter . . . It is the matter of questioning patients, especially new patients who come into my office.

First; after I have greeted them with Good Morning, or Good Afternoon, or just greetings, I venture to ask the person: "What brings you here?"

My second question is "Do you have heart trouble, or high blood pressure?"

My third question is "When have you seen a doctor the last time?"

My fourth question is "What did he say about taking Massage?"

The above is not diagnosing! . . . It is simply a matter of finding out why my customer came to my place of business!

And from here on I may ask a number of questions, but from adverse findings of the above I may feel that my customer should go to some other practitioner, maybe a medical doctor, and maybe somewhere else, although I am known well enough by now that hardly ever does a person call upon me, but has been recommended to me by some other person, and they usually know as I will soon tell them, about the item on page 4 of "LITTLE KNOWN FACTS ABOUT MASSAGE" . . . When a prescription is necessary.

I believe, that each of us need Malpractice Insurance, and Liability Insurance. But the above line of questioning seems to me to be important in our work . . . I wonder if someone will improve on the matter, and give us additional light . . . or an additional formula for questioning our new patients?

No one was ever honored for what he received.

WHIPPSH 4-24M CROCKET
Humphrey M. P. A. S. A. G. C.

ANN B. WHITE ATTENDS LECTURE BY DR. WM. SCOPEL

Mrs. Ann B. White, physio-therapist, of 246 Pleasant street, East Walpole, has just returned from a plane trip to Kansas City, Mo., where she appeared as a witness at the trial of Martha Sivills, also a physio therapist, of Norfolk, Va. Miss Sivills had fallen when attending a convention of the A.A.M.M., which was held in Kansas City, Mo., in 1951.

At the time of the accident it was Mrs. White, also attending the convention, who assisted Dr. William Scopel (the discoverer of Gamma Globulin) in rendering first aid to Miss Sivills. Dr. Scopel was one of the lecturers at the convention. Miss Sivills was awarded \$7500 and court costs for injuries sustained.

Dr. William Scopel, a former Oklahoma City man, now of Kansas City, Mo., was the discoverer of the medical properties of the natural antibody known as gamma globulin, about which we are hearing so much in the discussions on the treatment of polio.

The Gamma Globulin is merely a name that applies to a vehicle that carries the Natural Antibodies. It is that fraction of the blood which contains the fighting power of the body and which stimulates the body to produce antibodies against any infectious disease. This is Nature's own defense mechanism and the only true natural medicinal properties to bring about a natural reaction.

After the trial, at the invitation of Dr. Scopel, Mrs. White attended a lecture at the Medical College for Naturopathy (natural healing). She was asked to demonstrate the new exercises which are being given at the Massachusetts General Hospital in Boston where research is being done on multiple sclerosis.

Mrs. White reports that her experience was most interesting and the lecture very inspiring.

ILLINOIS MINUTES

Meeting of the Illinois Chapter A.A.M.M. February 28, 1954, Jack Keppler, 4740 N. Western Ave., Chicago 25, Illinois.

The Illinois Chapter wishes to thank Mr. and Mrs. Jack Keppler for the fine time had by all. The meeting was opened by Gilbert F. Schmitt, President of the Illinois Chapter. Minutes of the last meeting were read by Secretary-Treasurer, Arthur D. Melson. Leora H. Johns, Secretary-Treasurer of Nebraska Chapter gave a fine talk on their bill. Vera Setty, President of Indiana Chapter gave a fine report on Indiana Chapter. Jack Keppler read a proposed Ordinance by Chicago City Council Committee on Health. Gilbert F. Schmitt read a letter from our National Secretary-Treasurer, D. S. Carlson about taking pictures of our work. Glenn D. Jewell, hard working member, turned in two application blanks of Harry D. Anderson, 12300 Maple Ave., Blue Island, Ill. and Nettye Mitzie La Moyne, 7307 Belmont, Chicago 40, Illinois.

The Directors of Illinois Chapter, Earl F. Alexander, Gilbert F. Schmitt, Martin Weinrich, David S. Olalde, Glenn D. Jewell, Arthur D. Melson, OK'd new application. Dr. E. C. Swanson and son, Warren Swanson gave a fine talk and demonstration. Letters were read from Iowa, Secretary-Treasurer, Evelyn Shubert asking what we would like to have at coming National Convention, Speaker and Demonstration. Write Evelyn Shubert, 728 Washington St., Waterloo, Iowa. Eva Shumard of Sumner, Ill. wrote and said she could not make the meeting but would be at the next one. Ernest A. Pannier called and said he had to work. Mary A. Felton, Secretary-Treas. of Indiana Chapter was snowed in so she did not make the meeting. Dr. Chas. W. Brooks, Editor of "The Masseur" asked for members to send in stories for the masseur. The Chapter voted to have the next meeting in Moline, Illinois at Hotel LeClair Sunday, April 25th. It

will be a Tri-State meeting, just across the river from where our Convention will be held in Davenport, Iowa. This meeting will be promoted and fostered by our good friend and President of Ill. Chapter, Mr. Gilbert F. Schmitt. Write Gilbert F. Schmitt, 113 S. Main St., Port Byron, Ill. if you are coming in on Saturday.

Glad to hear that Miss Della R. Williams is back to work. She was sick for two years, in Waukegan, Ill. and also another member James R. Jellings of Waukegan, Illinois, and glad they are feeling better. Our State Legislature Committee of Gilbert F. Schmitt, Martin Weinrich, Earl F. Alexander, Dr. Chas. W. Brooks, Arthur D. Melson will meet in the near future. Those present at the meeting were: Mildred E. Schroat, Decatur, Ill.; James R. Jellings, Waukegan, Ill.; Mr. and Mrs. Bill Feldberg, Ottawa, Ill.; Mr. and Mrs. Chas. W. Brooks, Decatur, Ill.; Mr. and Mrs. Jack Keppler, Chicago, Ill.; Glenn D. Jewell, Chicago, Ill.; Mr. and Mrs. Martin Weinrich, Maywood, Ill.; Mr. and Mrs. Gilbert F. Schmitt, Port Byron, Ill.; Miss May Arrasmith, Chicago, Ill.; Carl R. Barfield, Elmwood Park, Ill.; David S. Olalde, Peoria, Ill.; Mr. and Mrs. Earl F. Alexander, Peoria, Ill.; Arthur D. Melson, Joliet.

Guests were Leora H. Johns, Secy.-Treas., Nebraska Chapter, 1611 Que St., Lincoln, Nebr.; Vera Setty, 40006 Magoin, East Chicago, Ind., President of the Indiana Chapter; Dr. E. C. Swanson and son Warren Swanson, Chicago, Ill.; Harry D. Anderson, Blue Island, Ill.; Nettye Mitzie La Moyne, Chicago, Ill.; Mr. V. Collins, Chicago, Ill.; Mr. H. Knie, Chicago, Ill.; Mrs. E. Ellsworth, Chicago, Ill.; Mrs. Anna B. Carter, Chicago, Ill.; Anna Mischler, Chicago, Ill.; Mr. and Mrs. Paul Juist, Moline, Ill.

Until our next meeting be of good cheer, will to be well and remember "Life is the happiest gift of our Creator."

Faternally yours,

ARTHUR D. MELSON,

MASSAGE IN THE TREATMENT OF WHIPLASH INJURIES

By JAMES E. CARLSON

—Carlson Clinic

An interesting and increasingly common condition is a so-called whiplash injury. As automobile accidents continue to mount we see more and more of this painful and distressing injury.

The cause of the injury most generally occurs when one car is struck forcibly from the rear by another car. When this happens the victim's torso continues on ahead with the car because of the seat and backrest of the car carrying it forward. The head, however, having no support momentarily stays in a fixed position or in effect, goes backward. This sharp backward thrust in itself can bring up serious symptoms. However, many times the car will strike another in front and the head snaps forward and insult is added to injury.

The most serious result of such an injury would of course, fracture one or more cervical vertebrae with possible paralysis. When this happens, the patient is required to go through long months of traction and neck collar treatment. We are concerned in this paper however with the results of such an accident when no fracture occurs.

Internally there may be ligamentous tearing and strain and bleeding. From exterior examination the patient nearly always develops a severe muscle spasm of all neck musculature. It is in this situation that physical methods of treatment such as heat and massage are invaluable.

If the treatment can be started very soon after the injury, judicious use of cold and hot packs together with mild massage would be indicated. The primary aim at this point would be to relieve the muscle spasm and hasten healing of internal injuries. It is important that muscle spasm be relieved so the patient can obtain

normal range of motion as soon as possible in the neck. Only a few days of a stiff and immobile neck is enough to limit motion and start a chain of events leading to permanent loss of neck motion.

Unfortunately, early treatment is more often than not, neglected because the patient thinks the stiff feeling will go away by itself or else the attending physician feels that pain relieving drugs will be sufficient. For this reason, the masseur usually sees the patient weeks or possibly even months after the injury. By now a new set of conditions has resulted and it would be well to examine these and discuss treatment. First of all, the patient probably still has much spasm, next there will likely be deposits of fibrositic nodules or congestions in the neck tissue and musculature. Because of the immobility of the neck due to pain and muscle spasm there will be imitation of motion the extent of which will be determined by the time elapsed since injury. Also we can expect internal scar and fibrous tissue developing.

The treatment at this stage sounds simple and would consist of no more than heat and massage and possible exercise. However, it is vitally important that the treatment be carefully carried out. The value of the heat is limited and to be effective at all, must be followed by massage. The most important part of the treatment is massage for here we accomplish the breaking down of fibrositic nodules and congestions, the stretching and pulling of the fibrous tissue and neck musculature and the increase in local circulation. The massage should be meticulously given and rather vigorous. A kneading, rolling type of massage is the most effective and should be carried out for more than just a few minutes. Inasmuch as the trapezius muscle is involved it is important that the massage include the whole surrounding area, including

shoulders, upper back and scapular areas. Following the massage the neck should be exercised and the patient instructed in exercise to carry out at home. In long standing cases, neck traction with a head sling or halter is sometimes helpful.

The results of this treatment are usually very satisfactory. It must be remembered however that the time from injury to start of treatment will play an important part in the response one can expect.

NO WONDER YOU'RE TIRED!

Busy little machine—the human body. You pay little attention to it; you take it for granted. But it keeps functioning and its day's work is startling! Someone has figured out the following accomplishments of a human body in 24 hours:

Your heart beats 103,689 times.

Your blood travels 168,000 miles.

You breathe 23,240 times.

You turn in sleep 25-35 times.

You eat 3½ pounds of food.

You speak 4,800 words.

You exercise 7,000,000 brain cells.

Notice that last item—exercising seven million brain cells? You would think that would be a terrific load on our brains, but listen to this. There are something like nine billion brain cells, so your brain is using less than one-tenth of one per cent of its potentiality.

Looking the day's work over, it looks as if at least part of the work load could be shifted—less on the food and the words, and more on the brain cells.

—Exchange.

We're too disease-conscious. We read that one out of 3 dies of this, one out of 5 dies of that. We should accept the fact that one out of one dies of something and get on with the business of living.

WHIPLASH
HUMAN MACHINE
JAN CARLSON

FROM INDIANA

La Porte, Ind.
Mar. 17, '54

Dr. Charles W. Brooks,
2415 N. Water St.
Decatur, Ill.
Dear Sir:

Enclosing minutes of Indiana Chapter of A.A.M.M. Met Mar. 13, 1954, at 7 p. m. with Edward Pomes in his place of business, Columbia Massage Parlor.

Six members present: Mr. Edward Pomes, Bessie Erfurth, Vera Setty, Mary Felton, Edward Poskus, Lowell Spangle, Helen Lewandowski, Gisela Silberschlag, Myrtle Bourell. Clyde Story cancelled. Lois Button unable to attend. It is voted on to fine each one 50c if not present or late in coming.

President Vera Setty called the meeting to order. Minutes of last meeting was read and approved. Treasurer's report was given.

Flowers were sent to Myrtle Bourell's granddaughter who was critically injured by a truck.

Collection was taken for flower fund. \$1.00 per person.

A letter was read from Evelyn Shubert, Secy. & Treas. of Waterloo, Iowa, for ad for Souvenir Program of National Convention in Aug., 1954. \$30.00 for page, \$2.00 per member.

A letter from Ill. Chapter Secy.-Treas. Mr. Melson included an invitation to Tri State meeting at Moline, Ill., April 25, 1954.

A letter from National Secy.-Treas. D. S. Carlson asking our members send a list of prospective members for our Chapter of Masseurs and Masseuses.

Sent Masseur Magazine to all names that received from Chamber Commerce.

Dr. Lily Lewellen so promptly sent me a list of names from Fort Wayne. Send all these names on to Secy.-Treas. D. S. Carlson.

Indiana Chapter, A.A.M.M.

By Mary A. Felton,
Secy.-Treas.

Cost Of Supplies To Members and State Chapters

Large envelope for mailing
Masseur magazines .02 each
"Little Known Facts About
Massage," lots of 50 .02½ each
Large 7x7 Decal for your of-
fice door or window .75 each
Small 3½x3½ Decal for your
car window .30 each
Emblem electro or cut to be
used on your stationery and
envelopes \$1.25 each
Emblem lapel pins \$2.00 each

CONGRATULATIONS!!

Congratulations to the states listed below as being the first to have 100% paid up membership for the 1953-1954 association year.

Chapter States

Indiana, Kentucky, North Dakota

No Chapter States

Ohio, Mississippi, Michigan,
Montana

**Helpful Hint For Masseuses From
Ann B. White, E. Walpole, Mass.**

Put an elastic in the front of your Bras, then circulation will not be cut off when your muscles are flexed, fatigue will not set in as quickly.

"HOW'S THE PATIENT?"

The young volunteer receptionist at the Charlotte, N. C., Memorial Hospital had noticed an old gentleman who had been sitting in the lobby for about an hour. Finally he came over to her desk and asked whether Mr. C. E. Jones could receive visitors. The young lady consulted her card index and said, "No."

"How is Mr. Jones getting on?" asked the old gentleman, and was told that the patient's card showed he was progressing very nicely.

"I'm glad to know that," said the gentleman. "I've been up in that room ten days and couldn't find out a thing from the doctor. So I dressed and came down here to find out. I'm C. E. Jones."

Blandy Jones' Swedish Massage Center

An atmosphere of health and strength

In gym of bars and weights,
A world of pennants, coast to coast,

From east and western states.

Where Blandy teaches how to live,
Techniques of boxing, poise
And posture, self-defense, all aids
Maturing men and boys.

And honor names upon a plaque
Of Hasenhaur fame,
Of lads who prizes won for skill,
Will there fore'er remain.

And Blandy's magnetism, charm,
Like bright, electric fires,
Encourages who come for help,
Uplifts and aids, inspires.

Restores well-being to the sick,
And calms all screaming nerves
By soothing treatments. Blandy
Jones

With kindly interest serves.

This center-health come visit soon,
For Blandy leads the way
To brighten futures, fulfilled plans,
To many a happier day.

ETHEL ROADS GARRETT

Author of "Eleven O'clock,"
"Tribute to the Flag," "Under Al-
lied Colors," "Women of The Red
Cross," "The Green Pumpkin," etc.

REDBOOK

May—News about Medicine. Bacteriologist Arthur Bryan says "There is little danger of contracting a disease, by kissing a healthy girl." If he had said the opposite I imagine another fine old custom would be subjected to medical inspection and domination—as is birth, disease, marriage, children, and death. Seems odd that such a simple answer to further controls should be by-passed.

MY VIEWS AND EXPERIENCES

It is commonly said "experience is the best teacher." Learning without experience accomplishes little, but experience with learning does much. In view of the fact that there are no two individuals, who have taken training from the same school of learning, who go out on their own, and use the same technique. One may have certain methods and get gratifying results—while another would have a complete failure. I think it is a big fool that a smart man can't learn something from. We may all make some mistakes, but what of it? The man or woman who never made a mistake has never tried. That was the biggest mistake of all.

As members of the A.A.M.M., if we want to do our best, we can pass on our views and experiences to others. This might fill another's need in his practice; so if my experience helps or encourages anyone I will feel rewarded for this effort. We only get out of life, or a career, what we put into it.

I believe that the average masseur does not realize the healing power that is entrusted to him through his hands. As yet, there is no invention to take the place of or fill the bill in this field. The professional masseur, with the proper use of heat, water and electricity, has a cure-all. These are an aid to nature, and nature must do the restoring. We, at our best, only give nature a chance.

I have gotten most of my experience the hard way. It is hard to be at death's door and no one able to help. Doctors, of most types, gave me up to die. This has been my experience four times, after being hospitalized and sent home to die. These doctors were educated. They sat for hours, and studied their books in my presence and said they had used everything in the books, and could not help me.

Each of these four times I was sent home with no hope of recovery.

When I got home I employed my method and was able to combat the condition and soon recovered and returned to work.

Now I can almost hear you say, "What on earth did you do?" Before I answer your question I want to tell you what my affliction was. The first time I was nearly poisoned to death from aluminum cooking utensils, presumably the finest cooking utensils money could buy. A blood test revealed that I was carrying 33% of that deadly poison. Medicine could do nothing for it. I say here and now, emphatically, **get rid of aluminum cooking utensils!**

The second time, I had sciatica trouble. I was only made worse at the hospital. Please not sciatica is one of the "ritis" family. I also had 6 vertebrae bridged over with arthritis to the extent it caused me to cry with pain—it was so unbearable.

The next time I had asthma. I was weeks under medical care and hospitalization. I had allergy tests and all that goes with it, but all to no avail. I was sent home and expected to die any day. By my own treatments, one every day, I was back to work in two weeks.

The fourth time I had a bad heart. A cardiograph was taken and specialists said I was through. I said, "That's what you think! Watch me—I will take my own medicine." I had been neglecting myself in the rush of work—not eating, or eating in a hurry. So I set about to correct those habits—and soon snapped out of it—with no loss of time; and am still carving on my practice at the age of 70 with my wife assisting me, at the age of 69.

Now to answer your question, "What did I do." Physical Therapy is the answer. Now I will tell you the nature of it. First, I have a reclining moist-heat sweat cabinet, which I made, and I would not trade it for any I have ever seen. I wouldn't use one in which the patient sits up, as this method does not permit relaxation, and relaxation is half the battle. Our

PAGE 11
patients lie on the back with heads out, naturally, and are closely watched throughout the 45 minute period they usually spend in the cabinet. They are given plenty of water to drink to induce perspiration. The patient's face is wiped free of perspiration during this process. If a heart condition exists, a cold compress is placed over the region of the heart and changed periodically. There are 5 different units of heat, which are cut at period of 15, 20, 30 and 35 minutes. (This moist heat does not tire or weaken the patient as does dry heat). During the first 15 minutes the patient has usually begun to perspire very nicely, which has been induced under 112 degrees moist heat. This temperature holds through the 20 minute period. At 30 minutes the heat is all cut and the patient now has a 15 minute cooling down period in the cabinet. From the cabinet the patient goes to a hot bath in the tub—which usually is about 5 minutes. (This foregoing procedure takes about an hour).

From the bath the patient now goes to the massage table where he lies down between sheet blankets with an extra sheet over that. The patient must not chill; but kept warm and still perspiring. It is essential to keep the pores of the skin open—so the massage will remove the waste which the sweat treatment has previously loosened.

In massaging, never use powder or cream for lotion as this fills the pores, which retards elimination. I use mineral water with a little oil in it. Water and oil do not mix?—Shake the bottle into your hands through a one-eighth inch hole in the bottle cap—it mixes as you shake it. This mineral water acts as an antiseptic, and some of it is absorbed by the skin.

With the patient covered up we place a diathermy pad under the small of the back and hips. Another is placed over the abdomen. Low frequency moist pads are applied to the feet—which sends a

WHILE ASHLEY
HUMAN INFLUENCE
MASSAGE

current up through the limbs. Now we are ready to begin the massage. First, the facial. Why a facial? Few people know that a facial stimulates many deep glands, and is good for complete relaxation. This is essential to permit the patient to receive the most benefit from the massage. This facial takes in sinus, eyes, ears, nose and bronchial areas. Then we go to back of neck and shoulders. Following this is a good spine stretch.

Now we massage the arms from hands to shoulders—always with the heavy stroke towards the heart. Then the chest, abdomen and legs. While the legs are being worked the shortwave is moved to chest and shoulders. For easier manipulation, the leg being worked is elevated with the heel on a stool, 8 inches high, made for that purpose. This enables the masseur to work, in one operation, all around the leg—with gravity assisting him in his efforts. This makes it more effective and easier on you.

After both legs have been worked, the patient is turned over onto his stomach—with a split pillow for the face to rest into, which fits over an opening in head end

of table. Better results are obtained, when massaging the back, if the head is not turned to one side. Now we carefully check the back and spine, and a thorough massage is administered to back of head and over back—by means of a hand vibrator strapped to one hand and using the other hand in a massage motion with it.

Now the patient gets a good spatting with the palms of the hands and an alcohol rub to back to close the pores. The patient is now ready to leave the table and go to the dressing room.

While this massage has been in progress, another patient has been put through the sweat cabinet and bath and is now ready for the table—which has been completely refreshed with clean linens.

Do you see why I got well? Does it sound like too much work? Whoever received anything worthwhile without putting forth some effort? I never have. You can charge some of this work to advertising—as satisfied customers send other customers. At least this has been my experience. I have had many cases where there was no hope left for them. Upon being referred to my treatment place, and after receiving a series

of these treatments, they were put back on their feet and back to work—rejoicing—as did the lepers in Jesus' time. In Matthew 25:40, 45 Jesus said, "In as much as ye have done it unto one of the least of these my brethren, ye have done it unto me." Please read from verse 31 to end of chapter—as this is essential in your practice.

Any kind of illness, if taken in time, will respond marvelously to these treatments and a cure can be effected—as in my own case. This will, of course, depend on the cooperation of the patient and his desire to regain his health. Never forget that this, coupled with proper diet and living habits, will surpass any other system of healing.

God does not like to see his subjects in an unhealthy condition, and He will abundantly bless your work as He has mine.

With Best Wishes to All,
Sincerely,
P. K. CANADAY,
Kent, Washington

Once again we hear from our friend on the fringe of the world. This old warrior never fails to inspire me. Maybe some of you will remember an article he sent in to the Masseur last year.

JUST OFF THE PRESS MANUAL OF FOOT TECHNIQUE MANUAL OF PHYSICAL THERAPY by

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